

SPRINGS BROOK PARK

2016



Now open to Bedford Residents and Members ONLY!



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Registration Opens April 24 at 9:00 PM

PARK INFORMATION



181 Springs Road

2016 Staff

SBP Co-Directors: Nikki Taylor, Alli Lua

SBP Administrative Coordinator: Raeann Gembis

SBP Operations Supervisor: Chris Wesinger

SBP Lifeguards: WSI, Lifeguard Training Certified

SBP Crew: Bedford High School Students serving as Admission Attendants, Concession Salespeople, Swim Aides, Activity Assistants, Equipment Managers and Slide Aides

EXPERIENCE THE AREA'S BEST SUMMER PARK!

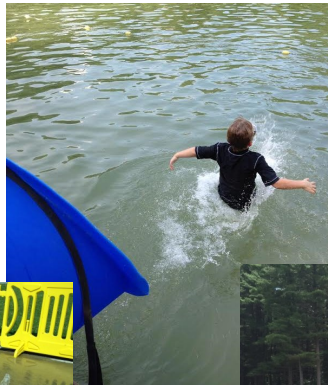
NEW AMENITIES FOR 2016!!!

- STAND UP PADDLE BOARDS AND KAYAK
- GAGA PIT
- TODDLER PLAYGROUND
- THEME DAYS & PLANNED ACTIVITIES
- SHADE STRUCTURES
- SHALLOW POND SPRAY FEATURES

OTHER PARK AMENITIES

- WOODED/SHADED PICNIC GROVE WITH TABLES AND GRILLS
- CONCESSION STAND
- SPRAY PARK

- ELEMENTARY PLAYGROUND
- SAND VOLLEYBALL COURT
- HALF COURT BASKETBALL COURT
- WALL BALL
- ENTERTAINMENT
- FULL RESTROOMS
- MINIATURE GOLF
- TETHER BALL
- SAND BEACH (BRING BEACH TOYS!)
- ZERO DEPTH ENTRY
- WATER SLIDE
- OUTDOOR RINSING SHOWERS
- RED CROSS SWIMMING LESSONS



HOURS & ADMISSION

HOURS OF OPERATION 2016

Monday through Friday, June 6— August 19** 10:30 AM - 7:00 PM gate closes promptly at 7:30 PM

Springs Brook Park is not open on the weekends.

Pond dock available for lessons only.

**Closing date subject to staff availability.

2016 PARK MEMBERSHIP/ADMISSION



Membership purchase Online, at Recreation Office, by fax or at SBP
(Visa, MC, AmEx, Discover, cash, check to “Town of Bedford”)



• SEASON MEMBERSHIP 2016

Purchase at the Recreation Office or at the Park (until 4:00pm).

Membership forms included in this booklet.

Membership purchased on or before 6/30 receive One Day Use passes for guests— see box below for detail.

PRICES:

BEDFORD RESIDENT

NON-RESIDENT

Individual

\$85

\$110

Family*

\$225

\$275

*Family Membership includes a primary member, his/her spouse and children 22 and under. There is an additional fee for extended family members/daycare children.

• BEDFORD SENIOR CITIZEN (age 65+)

No fee, but must either be registered with the Recreation Dept. or show ID with date of birth and address at the Park.

• STUDENT MEMBERSHIP (Bedford Middle and High School Students) \$25

FOR MEMBERS ONLY!

If you purchase a full Summer Membership for the park **on or before June 30, 2016**, you will receive one-time use Day Passes for guests. Family Membership—6 passes, Individual Membership—2 passes. Passes will be mailed if registration is done before the park opens.

BEDFORD RESIDENT DAILY ADMISSION (*Cash Only, ID Required*)

Mon - Fri: \$7/person (under age 1 & Bedford Senior Citizens, no charge) **Sat & Sun :** Closed

Max. \$25/family rate

Please Note: Only Bedford residents may visit on a “Daily Admission” basis. All others must have membership to visit Springs Brook Park.

AFTER 4:30 P.M.: \$3/person; **NO FEE AFTER 5:30 PM**

BEDFORD RESIDENT AND MEMBER GUEST POLICY

Bedford Residents and Members may bring guests; the guest fee is \$7/person (no maximum guest fee).

Guests must be accompanied by host resident or member.

PARK RULES

1. Babies must wear a snug suit over diapers and swim diapers.
2. Balls and flotation devices are not permitted in the water.
3. Coast guard approved life jackets/vests for boating may be worn; must be fitted properly.
4. Lap lanes are for lap swimming only.
5. Whistle System -
 - 1 blast - getting a swimmer's attention
 - 2 blasts - getting another guard's attention
 - 3 blasts - Emergency - clear the water
6. Children must be supervised at all times.
7. Swimming is only permitted in areas supervised by lifeguards.
8. Water slide is only open when supervised by lifeguards. Dock is only open for swim lessons; it is not open to the general public.
9. Slide, Concession, Paddleboard/Kayak hours posted at Bathhouse.
10. If thunder is heard, water cleared and swimmers permitted back in the water 20 minutes after the last clap of thunder.
11. Cars are not permitted past the front gate. The only exception is for handicapped parking with placard.
12. Alcoholic beverages and glass containers are not permitted.
13. Smoking is not permitted on any park grounds, including parking areas.
14. Dogs/pets not permitted on the grounds.



SPECIAL EVENTS & PROGRAMS



YOGA ON THE BEACH

with Bonnie McCulloch

Join us for yoga on the beach! Yoga postures will be practiced surrounded by the beauty of nature, fresh air and warm sunlight. Bring a towel, yoga mat and water bottle. Age 15+ Please note, the Park is not open to the general public until 10:30. (min 6/max 15) Classes missed due to rain may be made up during the Wednesday evening class at 7:00pm held in the Union Room at 12 Mudge Way.

Wednesdays, 9:15-10:15am, 7/13-8/17 (6wks)**

Fee: \$70

****Locations for the 7/20 and 8/3 class to be announced.**

KAYAKS AND PADDLEBOARDS

Paddle around on our new Kayaks and Paddleboards! The schedule of availability will be posted at the bathhouse (will be during non-swim lesson times). For all ages; children age 11 and under must be signed in by a parent at the dock beach and age 7 and under must be accompanied by an adult. Life vests required; available at the park or you may bring your own Coast Guard approved vest. No fee.



LAP SWIMMING

The Park has three 50-yard lanes available during park hours for lap swimming.

SPECIAL EVENTS & PROGRAMS

PERFORMERS

~ Jackson Gillman: The Stand-Up Chameleon ~

Tuesday, June 21 at 3:00

A combination of comedy, music and mime will have you laughing along through his wildly imaginative world.

~ Silly Willy ~

Tuesday, June 28 at 3:00

A mix of clowning around, magic, fun and balloon creations!

~ The Ooch Experience ~

Tuesday, July 12 at 3:00

That's what you get when you combine Yo-Yos, music and dance!



~ Animal Adventures ~

Tuesday, July 19 at 3:00

~ Circus of Imagination ~

Thursday, July 28 at 3:00

Simply a whimsical, physical theater of cleverly contained zaniness!
Circus skills workshop after the show!

~ Kendama Show and Workshop ~

Tuesday, August 9 at 3:00

with Brett Outchunis



Try this traditional Japanese skill toy, just amazing what you can do with this funky toy!

WEEKLY FUN

~ Bingo Mondays! 3:00 ~

Prizes and old fashioned fun! All ages.

~ The Lifeguard Challenge, Wednesdays at 2:45 ~

Join the Lifeguards in a game of their choice. Ages TBA.

~ SBP Arts and Crafts, Thursdays at 3:00 ~

Create with the Crew! Ages 6-10 on their own, ages 3-5 w/parent.

~ Teddy Bear Picnic, Fridays at 11:30 ~

Bring your favorite furry friend and picnic in the shade at Springs Brook. Play a game, read a story or learn about water safety with the lifeguards. (July 8, July 22 and Aug. 12)

~ Life in the Lifeguard Chair, Fridays at 2:30 ~

Maybe you want to be a lifeguard someday or just find out what it's like up there in that chair? Sit up high over the water....don't forget to bring your camera and ask the lifeguard questions. (July 15, July 29 and Aug. 12)

SPECIAL EVENTS

~ A Visit by the Lowell Spinners Mascot! ~

Wednesday, July 6 from 11:30-12:30

Who's coming to visit? Could it be Canaligator, Millie-Gator or Allie-Gator? The only reptiles we want to meet at SBP!

~ Set Sail! 1st Annual Regatta at SBP ~

Wednesday, July 13, 3:00-4:00

Let's have our very own Regatta! Bring your own homemade boat, the more colorful, the better! You can also make a boat at the Park that day. Prizes to the best boats!

~ Art in the Park ~

Tuesday, July 26

We'll be getting creative at SBP this day, come Chalk The Walk, help create a Duct Tape Sculpture and more!

~ Ahoy Ye Matey, It's Pirate Day! ~

Tuesday, August 2

Sponge Bob and his Pirate friend will visit from 1:30-3:00

Treasure Hunt- Dig for buried gold at 3:30

Come dressed in costume and join in the swashbuckling fun!

Prizes for best costumes at 3:00

4th of July Celebration



Celebrate the 4th of July with us!
Events, games and festivities all day....

~ Bending Gravity 1:00 ~

A one of a kind, break-taking experience of object manipulation...watch as inanimate objects come to life, as art in motion!

~ Watermelon served at 2:00 ~

~ DJ Mike Pride 3:00-5:00 ~

Join the party with music, dancing and games!

Additional events/updates will be announced at the Park, on our Facebook page, Twitter and on the Recreation Department website.

SWIM LESSONS

Register: **Before Park Opens** - Online, at Recreation Office or by fax (Visa, MC, AmEx, Discover, cash, checks made out to "Town of Bedford").

Once Park Is Open - Swim lesson registration taken at Springs Brook Park ONLY.

SWIM LESSON FEES: Per Session*

Session 1: **SBP Members:** \$45

Bedford Non-Members: \$70

*Please note: Admission is not included in lesson fees.

Session 2 & 3 **SBP Members:** \$50

Bedford Non-Members: \$75

Bedford swim students and family members must pay daily visit fee or have a membership to be admitted for swim lessons.

REGISTERING FOR MULTIPLE SESSIONS OF SWIM LESSONS???

If your child is registered for more than one session, please check with your child's instructor during the second week of the lessons to ensure that you have your child correctly placed for the next session. Notify a Director of any changes.



DAY LESSONS: Classes held Monday through Friday. Students must be age 4 or older when the class starts. Lessons held rain or shine unless thunderstorm. Children age 11 or younger must be accompanied by an adult in the Park during swim lessons.

SESSION I (July 5—July 15) *no class Mon. 7/4

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5

SESSION II (July 18—July 29)

12:30: Levels 0, 1, 2, 3, 4, 6

1:30: Levels 0, 1, 2, 3, 4, 5

SESSION III (August 1—August 12)

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5, 6

EVENING LESSONS: Mondays and Wednesdays, June 22 – July 27 (no class 7/4) Rain date: August 1

4:30 Session 4:30 – 5:15pm, Levels: 0, 1, 2, 3, 4, 5 **5:20 Session** 5:20 – 6:05pm, Levels: 0, 1, 2, 3, 4, 6

Note: Park admission fee or membership not required unless you enter the park before 4:15pm. Check in at gate and inform gate attendant you are there for lessons. Bedford residents may enter the park at no charge after 4:15 for SWIM LESSONS ONLY.

Fee: \$50 with Membership/\$75 Non-Member

PARENT-TOT CLASS: For Ages 3 & 4 with parent

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

Parent-Tot Session 1: 5:20 – 6:00 pm, Weds. July 6, Mon. July 11 & Weds. July 13 (Rain date make-up: Mon. July 18)

Parent-Tot Session 2: 5:20 – 6:00 pm, Weds. July 20, Mon. July 25 & Weds. July 27 (Rain date make-up: Mon. Aug 1)

Other siblings must be accompanied by another adult if in the park or enrolled in lessons during this time.

No fee required if entering the Park after 5:00.

Fee: \$35 per pair (parent/student)

SWIM LESSONS

PRIVATE/SEMI-PRIVATE SWIM LESSONS

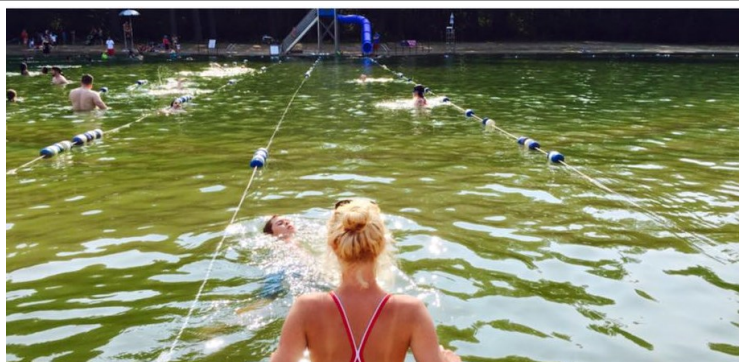
For children (ages 3+) and adults. During non-swim lesson hours and instructors' off-duty time. Private Lesson requests taken at Park only. High demand, first come, first served. Availability not guaranteed. Checks payable to "Town of Bedford."

PRIVATE: 1 student \$25/hour, \$20/half hour

SEMI-PRIVATE: additional \$5 per student at above prices. Students must have similar skills to be taught at the same time.

Bedford Private Lesson Students and family members must either pay gate fee or have membership if entering the park before 6:00pm.

Non-Bedford students may only take Private Lessons if members.



RED CROSS SWIM LESSON LEVELS (AGES 4+ WHEN THE CLASS STARTS)

- Students may be moved up or down in the levels after being tested.
- It is very common for students to remain in the same level for more than one session.
- Classes are 40 - 50 min. long, depending on the class.
- Children ages 4 and 5 must start in Level 0 or Level 1 unless parents speak with a Director for exception.
- **Students must be able to complete all skills consistently in order to move to the next level.**

LEVEL 0:

(max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.

Independent water entry/exit

Bubble blowing/submerge face and head

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Comfort in water

Level 1: Introduction to Water Skills

(max 7 students)

Independent water entry/exit

Bubble blowing

Bobbing

Retrieving submerged objects with face in the water

Front/Back glide (2 body lengths)

Back Float

Treading arm action

Roll from back to front

Simultaneous arm and leg action on back and front (2 body lengths)

Level 2: Fundamental Aquatic Skills

(max 7 students)

Fully submerging (5 seconds)

Bobbing (5 times)

Front float (5 seconds)

Jellyfish/tuck float (5 seconds)

Recover from back or front float to a standing position

Roll from back to front

Change direction while swimming

Treading using arm and leg action (15 seconds)

Combined arm and leg action on front and back (5 body lengths)

Finning action on front and back

Level 3: Stroke Development

(max 8 students)

Headfirst entry from sitting and kneeling position

Bobbing while moving towards safety

Rotary breathing (10 times)

Survival float on front (30 seconds, deep water)

Back float (30 seconds)

Tread water (30 seconds)

Front crawl (15 yards)

Elementary backstroke (15 yards)

Scissors kick (20 yards)

Level 4: Stroke Improvement

(max 8 students)

Swim underwater 3-5 body lengths

Feet first surface dive

Survival swimming (30 seconds)

Treading water (2 minutes)

Front Crawl (25 yards)

Breaststroke (15 yards)

Butterfly (15 yards)

Elementary backstroke (25 yards)

Back crawl (15 yards)

Sidestroke (15 yards)

Level 5: Stroke Refinement

(max 8 students)

Tuck and pike surface dives

Front flip while swimming

Tread water 5 minutes

Front crawl (50 yards)

Breaststroke (25 yards)

Butterfly (25 yards)

Elementary backstroke (50 yards)

Back crawl (25 yards)

Sidestroke (25 yards)

Level 6: Swimming and Skill Proficiency

(max 8 students)

Front Crawl (100 Yards)

Elementary Backstroke (100 Yards)

Back Crawl (50 Yards)

Breaststroke (50 Yards)

Sidestroke (50 Yards)

Butterfly (50 Yards)

500 yard continuous swim

Flip turns

Open turns while swimming

Fitness Swimmer skills

Personal Water Safety

Fundamentals of Diving

WATER FAQ'S

HOW IS THE POND WATER TREATED?

What is used to treat the water? The water in the pond is treated with liquid chlorine (sodium hypochlorite).

What is the capacity of the chlorine tank and how often is it replenished? The tank holds approximately 500 gallons of chlorine. The supply is kept uninterrupted, with deliveries as needed and typically more than once per week.

How is chlorine flow determined? Chlorine flow (stroke and speed) to the pond is set to the level required to maintain a constant reading of free chlorine between 1.5 ppm and 3 ppm.

How often are chlorine levels measured and adjusted? Chlorine, pH and alkalinity levels are tested prior to opening each day and then at least once again during the day (more often when conditions are extreme). Records of the readings are maintained.

What determines rate of chlorine use? Many factors determine the rate of use, including sunlight, heat and bather load among others.

Laboratory Testing: Water samples from four locations in the pond are taken weekly and analyzed at a private laboratory. Lab results are sent directly to the Bedford Board of Health.

Is the water filtered? The pond water is continuously filtered 24/7 throughout the season of operation. The filter is backwashed as needed, but at least twice per day.

SPRINGS BROOK EMPLOYMENT OPPORTUNITIES

Applications at Recreation Office or www.bedfordrecreation.org

LIFEGUARDS AND SWIM INSTRUCTORS (Minimum Age 16 by 6/6/16)

Must have current Lifeguard Training, CPR and/or Water Safety Instructors Certification. Hourly rates start at \$9.44 and are based on experience. Applications will be accepted until positions are filled.

CREW POSITIONS (Open to Bedford Residents Only)

Interviews will be held in mid-May. Application deadline is May 1. May apply for more than one position. Positions have flexible schedules and hours.

Park Attendants: (Min. age 14 by 6/6/16) Attendants greet park guests and assist with daily ongoing maintenance needs.

Swim Aides: (Min. age 14 by 6/6/16) Aides do not teach swimming, but assist with instruction and class safety. Must enjoy swimming and working with children.

Grounds Maintenance: (Min. age 14 by 6/6/16) Responsible for landscaping, grounds, facility maintenance.

Park Amenities & Activities: (Min. age 14 by 6/6/16) Assist with waterslide, spray park, mini golf, kayak, paddleboard and special events.

Concession Staff: (Min. age 15 by 6/6/16) Prepare food, serve customers, maintain concession stand and grounds.

SPRINGS BROOK PARK Registration Form: page 1 of 2

Last Name: _____ Phone: (____) _____

Address: _____ Town/Zip _____

If registering for swim lessons, please indicate parent work & emergency phone #'s :

work /cell# (mother) _____ work/cell # (father) _____

Emergency name and # other than parent _____

E-Mail Address: _____

- | <u>FULL MEMBERSHIP</u> | <u>Resident</u> | <u>Non-Resident</u> |
|-------------------------------|------------------------|----------------------------|
| Individual: | \$85 | \$110 |
| Family: | \$225 | \$275 |
- **Bedford Middle School or High School Student:** \$25
 - **Bedford Senior Citizen (65+):** Free (must register in advance or show ID with date of birth at Park)
 - **Beach Yoga:** \$70 \$75

<u>LESSONS:</u>	<u>Fee with SBP Membership</u>	<u>Fee without SBP Membership</u>
Day Sessions I	\$45	\$70
Day Sessions II, III	\$50	\$75
Evening Session	\$50	\$75
Parent/Tot class	\$35	\$45

MEMBERSHIP SUMMER 2016

List family members (immediate family only - father, mother, children living at same address)

Name:	Age:	Name:	Age:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total Membership Fee: _____

Payment Information

Membership Fee: \$ _____ Swim Program Fee: \$ _____ Contribution to Neighbors Fund: \$ _____

TOTAL FEE DUE: \$ _____

Payment Type: ☐ Cash ☐ Check ☐ Credit Card #: _____ Exp. Date: _____

I, the undersigned [mother/father/legal guardian] of _____, a minor, do hereby consent to his/her participation in the swim program, run by the Bedford Recreation Department and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's swim program.

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Signature: _____ Date: _____ (parental if participant is under 18 years of age)

SPRING BROOK PARK REGISTRATION FORM (Page 2 of 2)

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

Parent/Tot Lesson: Option 1 (July 6-July 13) _____ Option 2 (July 20-July 27) _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

Parent/Tot Lesson: Option 1 (July 6-July 13) _____ Option 2 (July 20-July 27) _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

Parent/Tot Lesson: Option 1 (July 6-July 13) _____ Option 2 (July 20-July 27) _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 4

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Evening: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

Parent/Tot Lesson: Option 1 (July 6-July 13) _____ Option 2 (July 20-July 27) _____

Additional forms @www.bedfordrecreation.org or photocopy



BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730



RECREATION OFFICE

781-275-1392
781-687-6156 (fax)
Office Hours: M-F, 8:00A-4:00P

RECREATION DEPARTMENT

Amy Hamilton, Director
Raeann Gembis, Adult Coordinator
Nikki Taylor, Youth Coordinator
Michelle Racette, Administrative Assistant
Leslie Ringuette, Department Clerk

RECREATION COMMISSION

Ron Richter, Chair
Tom Mulligan
Mike O'Shaughnessey
Robin Steele



Check us out on Facebook; follow us on Twitter @BedfordRecMa